



Activating Your Body, Mind & Senses



Activate your body, mind and senses

Activating your body, mind and senses could involve physical exercise, cognitive tasks (eg. crossword puzzles), and sensory activities (eg. listening to music, gardening) (1).

Some activities, like nature walks or dancing may engage all three elements (2).

Inspired by true stories...Activating your body, mind, and senses is good for you!

#PowerOfNature: When I went to the waterfalls, both the auditory and visual stimulation of flowing water was just fascinating. I can rest my mind on that and then not worry about other things
- Anonymous (3)

#DanceForHealth: Dance classes not only improved my fitness and coordination, they improved my mood, my confidence and interaction with others - Anonymous (6)

What About You?

What are you currently doing?

What have you done in the past few years?

How do you feel about it? (Please circle)



Goal Setting

In the next _____ months/year, I would like to:

To do this, I will need to:

Remember: What you do everyday matters to your health and well-being!





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This dimension involves engaging in activities that prompt feelings of happiness, enjoyment, and/or contentment (1). These activities can counteract stress, replenish damaged or depleted resources, and renew hope by imbuing life with a sense of meaning, purpose, and value as a human being. (2)

Clinician Guide

When? This document can be used to empower clients to think beyond their own problems or limitations to identify strengths and talents that they could share with others.

Why? Research shows that it is not only physical activity that contributes to health and wellbeing (1), but activities that stimulate your thinking (2) and senses (3, 4, 5) are just as valuable in regulating mind and body function. Furthermore, these activities promote better social functioning and reduce age-related health risks.

How? The worksheet can be used with individuals or groups, to guide reflection on the importance of activating your body, mind, and senses. See below for questions to prompt reflection and goal setting for change.

What About You? - Reflection Questions

Are you currently doing anything that stimulates & engages your body, mind, and/or senses?

- Describe (who, what, where, when, why?)
- How satisfied are you with your current activity level (physical & cognitive)?
- Benefits? Challenges?

What have you done in the past few years that stimulate your body, mind, and senses?

- What has changed?
- Is there something from these past experiences that you would like to have in your life now?

Goal Setting Guide

What could you do differently in your current routine to activate your body, mind, and senses?

- How meaningful would this be for you? (7-point Likert scale low to high)
- How much time would you like to commit to this? (Engagement)
- How much choice/control do you have over making this change?
- Could it interfere with other things you want or need to do? (Balance)

What personal or external issues might get in the way of meeting your goal?



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Other suggested readings:

1. Yeganeh, B., & Good, D. (2016). Mindfulness as a disruptive approach to leader development. *Od practitioner*, 48(1), 26-31.
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